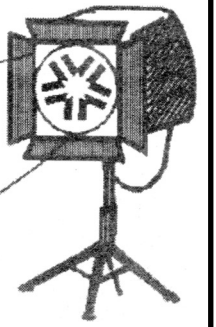




DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XIX, ISSUE 2

A newsletter for D.C. Seniors

February 2004

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

Our aging theme this year is "Aging Well, Living Well." February is the American Heart Association's campaign "Go Red for Women" to bring awareness to heart disease – the number one killer of men and women,

nationally and locally.

We also celebrate the history, culture and heritage of African Americans during Black History Month in February. See our calendar for special events.

Mayor Anthony A. Williams will deliver his State of the District Address on February 3. Come hear first-hand his assessment of our city and his vision for the future.

Also this month, a follow-up session to Citizen Summit III will be coming to your community. Many of you attended the Citizen Summit, and in the December issue we highlighted key findings in areas of healthcare, housing, crime reduction and more. We are counting on you to attend the follow-up sessions (as many as you can) to ensure that issues of importance to senior citizens remain a priority in public policy and budget decisions.

To live well and age well we must advocate for, protect and value ourselves and each other. Are not we a part of the "beloved community?"

Advocacy = Love

Happy Valentine's Day

The Facts About Upcoming New Benefits in Medicare

Medicare is an essential healthcare program for people age 65 and older and people with disabilities. Recently, President Bush and Congress worked together to pass a new law to bring people with Medicare more choices in healthcare coverage and better healthcare benefits.

This new law preserves and strengthens the current Medicare program, adds important new prescription drug and preventive benefits, and provides extra help to people with low incomes. You will still be able to choose doctors, hospitals and pharmacies. If you are happy with the Medicare coverage you have, you can keep it exactly the same. Or you can choose to enroll in new options described below. No matter what you decide, you are still in the Medicare program.

Medicare-Approved Drug Discount Cards will be available later this year to help you save on prescription drugs. Medicare will contract with private companies to offer new drug discount cards until a Medicare prescription drug benefit starts in 2006. A discount card with Medicare's seal of approval can help you save 10 to 25 percent on prescription drugs. You can enroll beginning as early as May 2004 and continuing through December 31, 2005.

Enrolling is your choice. Medicare will send you information soon with details about how to enroll. People in the greatest need will have the greatest help available to them. If your income in 2003 is no more than \$12,123 for a

single person, or no more than \$16,362 for a married couple, you might qualify for a \$600 credit on your discount card to help pay for your prescription drugs. (You can't qualify for the \$600 if you already have drug coverage from Medicaid, TRICARE for Life or an employer group health plan.)

Also new in 2004, Medicare Advantage is the new name for Medicare+Choice plans. Medicare Advantage rules and payments are improved to give you more health plan choices and better benefits. Plan choices might have improved already in your area. To find out more, call 1-800-MEDICARE (1-800-633-4227).

New preventive benefits will be covered, including:

- **One-time initial wellness physical exam within 6 months of the day you first enroll in Medicare Part B.**
- **Screening blood tests for early detection of cardiovascular (heart) diseases.**
- **Diabetes screening tests for people with Medicare at risk of getting diabetes.**

These benefits add to the many preventive services that Medicare already covers, such as cancer screenings, bone mass measurements and vaccinations. Remember, drug discount cards start in 2004. New and improved preventive benefits start in 2005.

It's never too late to start a life.
It's never too late for Recovery.

Addiction Prevention and Recovery Administration.

1-888-7-WE HELP.



Government of the District of Columbia
Anthony A. Williams, Mayor

James A. Buford
Director, District of Columbia
Department of Health



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

District of Columbia Department of Health

**Influenza Is Nothing To SNEEZE At!!
It's Serious!**

The Flu (Influenza) is spread by:

- Coughing & Sneezing
- Unclean Hands
- Surfaces with frequent hand contact (door knob, etc)

Don't Be Caught Off Guard! Take Precautions.

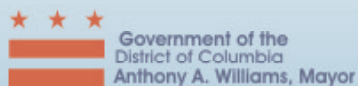
1. **Wash Your Hands Often:** Wash hands for at least 20 seconds with hot water and soap. Dry with a clean towel.
2. **Instant Hand Sanitizers:** A good alternative is alcohol-based hand cleaner if your hands are not visibly dirty.
3. **Cover your coughs & sneezes:** Use tissues when coughing or sneezing and dispose of them properly and again wash hands as soon as possible.
4. **Get Plenty of Rest.**
5. **Exercise Regularly** maintain a healthy diet, and drink plenty of fluids.
6. **Don't Share Drinking Glasses, Cups, spoons or forks.**
7. **Limit your contact** with people who are sick.
8. **If You Are SICK, STAY HOME!**
9. **Avoid Touching and Rubbing** your nose and/or eyes, (If you must, wash your hands first or use an instant hand sanitizer.)

**Those at highest risk include:**

- Children 6-23 months
- 50 years of age or older
- Those with Chronic medical conditions (diabetes, asthma, HIV, etc.)
- Women who are in their 2nd or 3rd Trimester of Pregnancy

The Department recommends that physicians and other health care professionals focus primarily on high-risk groups.

For More Information: 1 (800) MOM BABY
www.dchealth.dc.gov

**State
of the
District
Address**

**Tuesday,
February 3
7 PM**

(doors open at 6 PM)

**The Lincoln
Theater
1215 U St.,
N.W.**

*(Metro Green Line to
U Street/
Cardozo Metro Stop)*

For more information,
contact the Office of
Community Outreach at
202-442-8150
or the Office of Asian
and Pacific Islander
Affairs at
202-727-3120.

**Help someone in from the cold
Be a Hypothermia Watch Partner
Call the Shelter Hotline at 1-800-535-7252.**

**For hot beverages, blankets and transportation for
homeless persons, call the shelter hotline number.**

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

February events

9th • 11 a.m.

Join Fort Lincoln 1 Senior Center for a presentation on Medicare fraud with Gail Sivals. This event is being hosted by the Greater Washington Urban League. For further information, call Vivian Grayton at 202-529-8701.

10th • 6:30 p.m.

Join the Columbia Senior Center on a trip to see *Crowns* at the Arena Stage. For details, call Monica Carroll at 202-328-3270, ext. 11. Show time is at 7:30 p.m. The bus will leave from the center, 1250 Taylor St., N.W. Donation: \$38, orchestra seating, limited tickets.

11th • 9 a.m. to 5 p.m.

Columbia Senior Center will be spending the day at Midway. \$10 donation with buffet. Call Monica Carroll at 202-328-3270, ext. 11. for details.

11th • 1 p.m.

Attend an important lecture on colon cancer prevention, at the Educational Organization for United Latin Americans (EOFULA) Spanish Senior Center, 1842 Calvert St., N.W. This is a free event. For reservations, call 202-483-5800.

11th • 10 a.m. to 1:30 p.m.

Free consultation and foot examinations by a podiatrist are being given at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. Appointments scheduled between the hours listed only. Call 202-678-2800 for an appointment.

12th • 11 a.m. to 1 p.m.

The Greater Washington Urban League, Division of Aging & Health Services, Valentine's party will be held at the Teamsters Union Hall. Please call Vivian Grayton at 202-529-8701. Seating is limited.

12th • 1 p.m.

Poetry Jam. Do you or someone you know enjoy writing poetry? Whether you are a participant or a member of the audience, you are sure to have fun at this event hosted by the Senior Citizens Counseling and Delivery Service. This free event will be held at 2451 Good Hope Rd., S.E. For details, call 202-889-0265.

13th • 1 to 3 p.m.

Senior Citizens Counseling and Delivery Service is holding a Valentine's Day fashion and talent show. Don't miss this exciting and fun annual event. You'll enjoy seeing the talent and beauty of seniors from the metropolitan area at the center, 2451 Good Hope Rd., S.E. If you have a special talent or would like to model in the fashion show, call 202-678-2800.

14th • 11 a.m.

Celebrate Saint Valentine's Day and all February birthdays with the EOFULA Spanish Senior Center. The event will be at 1842 Calvert St., N.W. Call 202-483-5800 for details.

18th • 1 p.m.

Attend the lecture "What Every Woman Should Know About Cervical and Ovarian Cancer," hosted by the Senior Citizens Counseling and Delivery Service, 2451 Good Hope Rd., S.E. This free lecture could save your life. For more information, call 202-678-2800.

19th • 1 to 2 p.m.

Celebrate Black History Month with the noted writer, historian and lecturer C. R. Gibbs at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. Gibbs' presentation is on African Americans in Washington, D.C.: The First Century. This lecture is free and open to all. For further information, call 202-678-2800.

23rd • 1 to 2 p.m.

Celebrate Black History Month with a free program and concert. This will be presented by the Columbia Senior Gospel Choir and the Columbia Senior Steppers. The event will take place at 1250 Taylor St., N.W. Call 202-328-3277.

25th • 1 to 2 p.m.

Senior Citizens Counseling and Delivery Service is hosting a game of "Black Jeopardy." Seniors will test their knowledge of black history facts as they compete against three elementary schools. This is a free event to be held at the center, 2451 Good Hope Rd., S.E. For details, call 202-678-2800.

26th • 11 a.m. to 1 p.m.

The Greater Washington Urban League, Division of Aging & Health Services, is presenting a black history program at Asbury Senior Nutrition Program. Please call Vivian Grayton at 202-529-8701 for more details.

27th • 9 a.m. to 5 p.m.

Celebrate black history with an African American tour in the Washington, D.C. and Baltimore areas. Lunch will be included with motorcoach bus. The donation is \$26, and there must be at least 30 people signed up for this trip to take place. Call Monica Carroll at 202-328-3270, ext. 11. The bus will leave from the center, 1250 Taylor St., N.W.

Early March event

March 5th • 10:30 a.m.

Go on a tour of the National Air & Space Museum with EOFULA Spanish Senior Center. For details, call Alberto Camcho at 202-483-5800.

Ongoing

Tuesdays • 9:30 to 10:30 a.m.

Model Cities Senior Wellness Center is offering sign language classes for individuals 60 and older. This is a free class and is being held at the center, 1901 Evarts St., N.E. For details, call 202-635-1900.

Thursdays • 1 to 2:30 p.m.

Join the seniors of Model Cities each week for a game of Mah Jongg at their center, located at 1901 Evarts St., N.W. For more information, call 202-635-1900.

Daily • 10 a.m. to 5 p.m.

See "Crowns: Portraits of Black Women in Church Hats" at the Anacostia Museum and Center for African American History and Culture, 1901 Fort Place, S.E. This free exhibit features 30 women in their Sunday finest headwear, along with personal comments.

Monday-Saturday • 10 a.m. to 4 p.m.

"Soft Touch: Quilts and Other Works by the Daughters of Dorcas" at Charles Sumner School Museum and Archives, 1201 17th Street, N.W., 202-442-6060. Daughters of Dorcas and Sons is a D.C. quilting group formed in the 1970's.

The Greater Washington Urban League, Division of Aging & Health Services, is seeking caregivers who are caring for seniors 60 years and older who need assistance. It is also seeking seniors residing in Ward 2 who could benefit from social service and home-bound meal assistance. Call Karen Cobble or Le'Anetta Obasanjo at 202-529-8701.

Model Cities Senior Wellness Center is now offering the Lifetime Fitness Program to individuals ages 60 and older. The program monitors cardiovascular fitness, flexibility, strength, endurance and balance. It is offered in four-month sessions. To learn more, contact Theresa Burke at Model Cities, 202-635-1900. Model Cities is located at 1901 Evarts Street, N.E.

Washington Perspectives at the City Museum, 801 K Street, N.W., 202-383-1800. The main exhibit uses three-dimensional dioramas to show four critical events: the escape from Pearl, the largest attempted escape of enslaved people; the Emancipation Day Parade, celebrating the freeing of enslaved people in D.C. nine months before the signing of the Emancipation Proclamation; entertainers on U Street, home of the original Black Renaissance; and the picketing of Thompson Restaurant.

Earned Income Tax Credit

Take the money.



You've earned it.

Did you work in 2003? If so, you may be eligible for the **Earned Income Tax Credit (EITC)**. The EITC will reduce your taxes and could **give you back over \$5,000**. You may qualify for the EITC if in 2003:

- ☐ You were raising two or more children and earned less than \$33,692.
- ☐ You were raising one child and earned less than \$29,666.
- ☐ You had no children in your home, earned less than \$11,230 and were between 25 and 64 years of age.

Claim the Child Tax Credit, too! If you earned more than \$10,500, you may qualify for the federal Child Tax Credit — up to \$1,000 for each dependent child under age 17.

Here's how you get the EITC and Child Tax Credit

- ☐ **If you were raising children 2003:** file federal form 1040 or 1040A, and attach Schedule EITC. For the DC EITC, file form D-40. For the Maryland EITC, file form 502 or 503.
- ☐ **If you were not raising children 2003:** file any federal tax form. For the DC EITC, use form D-40 or D-40EZ. For the Maryland EITC, use form 502 or 503.



Call for more information and about locations for **FREE tax preparation**. **DC:** Answers, Please!, 202-463-6211 **MD:** 1-800-492-0618 **VA:** 1-800-829-1040



DC EARNED
INCOME
TAX CREDIT
CAMPAIGN

The DC Earned Income Tax Credit Campaign is a partnership of the DC government, business, and non-profit organizations to promote the EITC and other tax benefits for low- and moderate-income workers.

SPOTLIGHT ON AGING

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441 4th St., N.W., 9th Floor, Washington, D.C. 20001
202-724-5622 • www.dcoa.dc.gov

E. Veronica Pace, **Executive Director**
Darlene Nowlin, **Editor**

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Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

D.C. OFFICE ON AGING NEWSLETTER

Campaign Mobilizes Women for Heart Disease Awareness

Women throughout America will “Go Red For Women” this February to raise awareness of cardiovascular disease, women's No. 1 killer. The American Heart Association's campaign will invite women to take charge of their heart health, make it a top priority and live a stronger, longer life.

Friday, February 6, has been designated “National Wear Red Day for Women.” Red is the American Heart Association's color for women and heart disease.

According to the organization, red symbolizes women's power to take control of their health, and passion for the women whose lives have been affected. The association is encouraging everyone to wear red – such as a red dress, shirt, hat or other item – on February 6 in support of all women who have been touched by heart disease or stroke.

Heart disease and stroke claim more women's lives each year than the next seven causes of death combined, and nearly twice as many as all forms of cancer, including breast cancer. The organization believes that Go Red For Women will raise women's awareness of this problem.

According to a recent American Heart Association survey, ninety percent of women feel they have power over their health – but only 27 percent say their health is a top priority. This lack of urgency about such a serious health threat contributes to the deaths of more than 500,000 American women every year.

Ten Ways to Take Charge of Your Health Doctor

1. Make a date with a doctor. Each year on your birthday, schedule a check-up. Have your blood pressure, cholesterol and glucose levels checked, and ask your doctor to help you reach or maintain a healthy weight.

Physical Activity

2. Tune in when you tone up. Add more physical activity to your life by stepping, marching or jogging in place for at least 15 minutes a day while watching your favorite TV shows. Increase your activity by 5 minutes each week until you're getting a minimum of 30 minutes most days of the week.

3. Grab some H₂O when you go. Take a water bottle with you wherever you go. It'll keep you hydrated and the bottle's weight will strengthen your arms.

Eating

4. Keep out of sight, out of mouth. Keep packages of unhealthy food hidden in the pantry. Put raw veggies and fruits in front in the refrigerator and healthy snacks in the front of the pantry, so that's what you see first. If you keep grabbing healthy foods for a minimum of 21 times, then it will soon become a habit.

5. Eat lean to be lean. Eating foods high in saturated fat can lead to high cholesterol. To help keep your cholesterol levels down, try foods low in saturated fat in moderation, such as lean chicken or turkey (roasted or baked, with skin removed), fruits and veggies, low-fat or nonfat yogurt or pasta.

6. Don't let salt lick you. To help lower high blood pressure, watch your salt intake. It may be disguised

in food labels as any of the following: sodium alginate, sodium sulfite, sodium caseinate, disodium phosphate, sodium benzoate, sodium hydroxide, monosodium glutamate (MSG) and sodium citrate.

Smoking

7. Kick butts. If you smoke, quit. Here's a four-step way to snuff your habit. On Day 1, cut the number of cigarettes you smoke by half. On Day 3, cut the number of cigarettes you smoke in half again. On Day 5, cut your smoking in half again. On your Quit Day – quit!

Overweight and Obesity

8. Avoid fad diets. Excess weight increases your risk of heart disease, stroke and diabetes. To achieve steady, painless weight loss, take it easy. Each day, if you eat 200 to 300 fewer calories and exercise at least 30 minutes on most days (five days a week), you'll get closer to your goal and be able to achieve weight loss that is steady and painless.

General

9. If you slip, don't quit! If you get off your exercise schedule, have a cigarette or mess up on a meal, immediately get back on track toward reestablishing a healthy lifestyle.

10. Celebrate your successes! To maintain momentum with exercising, losing weight or quitting smoking, keep track of your achievements and reward yourself by doing something you enjoy.

For more information, call 1-888-MY-HEART (888-694-3278) or visit www.americanheart.org.

Mayor Anthony A. Williams

Invites you to

NEIGHBORHOOD CITIZEN SUMMITS

Listening to you where you live • What did we learn at Citizen Summit III?

Discuss priorities & initiatives in the proposed fiscal year 2005 budget • Questions and Answers with the Mayor

All events begin at 7 p.m. (doors open at 6 p.m.)

Ward 5 • Tuesday, February 10 • Trinity College, 125 Michigan Ave., N.E.

Ward 3 • Wednesday, February 11 • Metropolitan Memorial United Methodist Church, 3401 Nebraska Ave., N.W.

Ward 8 • Tuesday, February 17 Allen Chapel AME Church, 2498 Alabama Ave, S.E.

Ward 4 • Wednesday, February 18 Nativity School, 6008 Georgia Ave., N.W.

Ward 2 • Thursday, February 19 Kennedy Recreation, 7th & P Streets, N.W.

Ward 1 • Monday, February 23 Washington Family Church, 16th St. & Columbia Rd., N.W.

Ward 7 • Tuesday, February 24 Boys and Girls Club, 4103 Benning Rd., N.E.

Ward 6 • Thursday, February 26 Sherwood Recreation Center, 1000 G St., N.E.

For more information, call 202-727-2822